

# Caregiver Assistance News

“CARING FOR YOU... CARING FOR OTHERS”

## Parkinson Disease—Fitness and Exercise

Exercise is important for everyone. It is the basis for fitness, and it also helps fight the effects of aging and disease. Exercise is even more important for a person with Parkinson disease (PD). Regular exercise can help people with PD stay more flexible, improve posture, and make overall movement (mobility) easier. Although medication has been the most effective treatment so far, a regular exercise program should always be part of managing PD. Exercise is one of the few treatments that is free, has no side effects, and can actually be enjoyable!

Though exercise is not a cure, it can help the person with PD stay ahead of the changes that will take place. It can help the person feel more in control of their condition.

### Physical and Occupational Therapy

A licensed physical therapist (PT) or occupational therapist (OT) can answer specific questions or problems you or the person in your care may have.

Physical and occupational therapists can do the following:

- ☑ Come up with an exercise program to meet the special needs of the person in your care.
- ☑ Assess and treat mobility problems (ability to get around) and walking problems.
- ☑ Assess and treat joint or muscle pain that affect the person's



ability to perform activities of daily living.

- ☑ Help with poor balance or frequent falling.
- ☑ Teach caregivers proper body mechanics (position) and ways of assisting someone with PD.
- ☑ Refer the person to exercise programs in the community.
- ☑ Treat difficulties with the activities of daily living such as eating, dressing, bathing, and handwriting.
- ☑ Teach the use of adaptive equipment (helping aids).

The doctor or other health care professional should be able to refer you to a therapist in your area. It is best to see a therapist who has special training or experience with PD. Visits to a physical or occupational therapist are usually covered by medical insurance with referral by a physician.

Article continues  
on page 2

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## The Basics of Exercise

Good physical fitness is made up of three types of exercise: stretching, strengthening, and aerobics, such as deep breathing. Each is important by itself, but together they can help the person in your care remain active as long as possible. This will help the person deal better with PD and the changes it may bring.

### 1. Stretching

Regular *s-t-r-e-t-c-h-i-n-g* is the first step, and it can be one of the most enjoyable. Stretching helps combat the muscle rigidity (stiffness) that comes with PD. It also helps muscles and joints stay flexible (able to bend). People who are more flexible have an easier time with everyday movement.



Stretching increases range of motion of joints and helps with good posture. It protects against muscle strains or sprains, improves circulation, and releases muscle tension. Stretching can be done anytime—even before getting out of bed and while watching television or riding in the car.

### 2. Strengthening

Strengthening certain muscles can help the person with PD stand up straighter. It can make certain tasks easier, such as getting up from a chair. Exercises also help to make bones stronger, so a person is less likely to get a fracture if he or she falls.

### 3. Deep Breathing

People with PD often take shallow breaths. Their lungs do not fill completely, which leads to tension, fatigue and poor quality of speech. Learning how to take full, deep breaths will expand the lungs, bring in more oxygen, and relax the person.

Practice breathing deeply:

1. Sit or lie down. Gently place the palms over the lower abdomen.
2. Take a full breath in through the nose (inhale), allowing the upper chest to expand. If the exercise is done correctly, the abdomen should lift.
3. Slowly breathe out (exhale) through the mouth. The exhale should last longer than the inhale.
4. Do this exercise for 5 minutes a day, or at any time, to feel relaxed.

**Get a doctor's approval before beginning any aerobic or conditioning program.**

### *Taking Care of Yourself*— Aquatic Exercises

Water therapy is a time-tested form of healing. It is also a safe exercise for people with PD because there is no danger of falling. Floating in the water allows for easy movement and little strain on joints and muscles. Look to see if your community has a heated pool that offers an exercise program.

### Tai Chi for Parkinson Disease

Tai chi, an ancient martial art characterized by slow, flowing movement and meditation, helps improve balance and movement control for people with Parkinson disease. The finding, published in The New England Journal of Medicine, is a study to show the benefits of tai chi for people with chronic health problems. Past studies have shown that tai chi reduces falls and depression among the elderly.



### *Inspiration*

*Be optimistic. It feels better.*  
~ Dalai Lama

### Live Life Laughing!

I enjoy a glass of wine each night for its health benefits. The other glasses are for my witty comebacks and flawless dance moves.



### Memory Care

Some people with PD complain of slowness in thinking and difficulty finding the right words. When these cognitive changes happen, the caregiver often will finish the person's sentences. Often, the person with PD will begin to avoid conversation. These mild changes are handled well by most people.

## Caregiving in The Comfort of Home®

### Our Purpose

To provide caregivers with critical information enabling them to do their job with confidence, pride, and competence.

### Ordering Info

From the publishers of

*Caregiving in  
The Comfort of Home®*

*Caregiver Series*

available from...

CareTrust Publications LLC

PO Box 10283, Portland, OR 97296

800-565-1533

or [www.comfortofhome.com](http://www.comfortofhome.com)

Comments and suggestions welcome.

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## SAFETY TIPS—Preventing Falls

With PD, a person now must think about things to reduce falls that he was able to do easily before.

1. Try not to move too quickly.
2. When walking, the foot should land with the heel striking down first.
3. **DO NOT** pivot the body over the feet when turning. Instead, try making a “U-turn” while walking.
4. When standing in place and ready to turn, make sure the feet and the body move together.
5. Never lean too far forward.
6. The moment you begin to shuffle or freeze, try to come to a complete stop. Take a breath and start again, focusing on that first step and striking down heel first.
7. Do not carry too many things while you are walking.
8. Avoid walking backwards.

# Caregiver Assistance News

“ C A R I N G F O R Y O U ... C A R I N G F O R O T H E R S ”

## Q U I C K Q U I Z

People with advancing Parkinson symptoms may not be able to follow some exercise programs due to changes in their physical or thinking abilities. It may be better to fit exercises and stretching into the daily routine that the person with PD enjoys, such as walking, gardening, housekeeping, or swimming. Answer True or False to the questions below.

1. Regular exercise can help people with PD stay more flexible, improve posture, and make overall movement (mobility) easier.  
T F
2. Exercise can help the person with PD stay ahead of the changes that will take place and help the person feel more in control of the condition.  
T F
3. No professional can treat difficulties with the activities of daily living (ADL) such as eating, dressing, bathing, and handwriting.  
T F
4. Stretching helps combat the muscle rigidity (stiffness) that comes with PD.  
T F
5. People with PD often take shallow breaths.  
T F
6. Stretching increases range of motion of joints and helps with good posture. It protects against muscle strains or sprains, improves circulation, and releases muscle tension.  
T F
7. Good physical fitness is made up of three types of exercise: stretching, strengthening, and aerobics, such as deep breathing and can help every person remain active as long as possible.  
T F
8. Some people with PD complain of slowness in thinking and difficulty finding the right words.  
T F
9. Stretching can be done at any time of day.  
T F
10. To prevent falls, people with PD should avoid walking backwards.  
T F

Name \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

# AUGUST 2018 EVENTS

*You are not alone ... Please join us at one of the following sessions*

## ~ Family Caregiver Support Groups ~

### ALZHEIMER'S & GENERAL SUPPORT GROUPS

**WHEN:** WEDNESDAY, AUGUST 1st  
**TIME:** 10:00 a.m.  
**WHERE:** SCC River Ridge Nursing Rehab Center  
**ADDR:** 3922 W. River Dr. (Off FM 624), Corpus Christi  
**PHONE:** (361) 767-2000

**WHEN:** THURSDAY, AUGUST 2nd  
**TIME:** 10:30 a.m.  
**WHERE:** Gulf Point Plaza  
**ADDR:** 1008 Enterprise Blvd, Rockport  
**PHONE:** (361) 727-1800

**WHEN:** TUESDAY, AUGUST 7th  
**TIME:** 6:00 p.m.  
**WHERE:** Elan Assisted Living & Memory Care  
**ADDR:** 5441 Lipes Blvd., Corpus Christi  
**PHONE:** (361) 371-8157 Please RSVP Kelly or Lora

**WHEN:** WEDNESDAY, AUGUST 8th  
**TIME:** 12:00 p.m.  
**WHERE:** Lindale Center / Caregiver SOS  
**ADDR:** 3133 Swantner St., Corpus Christi  
**PHONE:** (361) 826-2343

**WHEN:** THURSDAY, AUGUST 9th  
**TIME:** 3:00 p.m.  
**WHERE:** Mirador Plaza (back side of the facility)  
**ADDR:** 5857 Timbergate Drive, Corpus Christi  
**PHONE:** (361) 883-3935

**WHEN:** TUESDAY, AUGUST 14th  
**TIME:** 6:00 p.m.  
**WHERE:** Woodridge Nursing & Rehab. Center  
**ADDR:** 600 So. Hillside Dr., Beeville  
**PHONE:** (361) 358-8880

**WHEN:** THURSDAY, AUGUST 16th  
**TIME:** 1030 a.m.  
**WHERE:** Ed & Hazel Richmond Public Library  
**ADDR:** 110 N. Lamont St., Aransas Pass, Texas  
**PHONE:** (361) 883-3935

**WHEN:** TUESDAY, AUGUST 21st  
**TIME:** 9:30 a.m.  
**WHAT:** General Caregiver Support Group  
**WHERE:** Brookdale ((Formerly Homewood Residence)  
**ADDR:** 6410 Meadow Vista, Corpus Christi  
**PHONE:** (361) 980-0208 FACILITATOR; Anita Valle

**WHEN:** THURSDAY, AUGUST 23rd  
**TIME:** 4:30 p.m.  
**WHERE:** Kleberg County Nursing & Rehab.  
**ADDR:** 316 General Cavazos Blvd., Kingsville  
**PHONE:** (361) 883-3935

**WHEN:** TUESDAY, AUGUST 28th  
**TIME:** 4:00 p.m.  
**WHERE:** Alice Public Library  
**ADDR:** 401 E. Third Street, Alice  
**PHONE:** (361) 883-3935

### GRANDPARENTS AND OTHER RELATIVES RAISING CHILDREN - GRRC

**WHEN:** TUESDAY, AUGUST 28th  
**TIME:** 10:00am — 11:00am  
**WHERE:** Greenwood Senior Center  
**ADDR:** 4040 Greenwood Drive, Corpus Christi  
**PHONE:** (361) 883-3935

**WHAT:** (\*) EVENING SUPPORT GROUP  
**WHEN:** THURSDAY, AUGUST 30th  
**TIME:** 6:00 p.m. — 7:00 p.m.  
**WHERE:** First United Methodist Church  
**ADDR:** 900 South Shoreline Blvd.; Corpus Christi  
2nd floor—Rm #216 / parking & entrance behind church  
**PHONE:** (361) 334-2255

FACILITATED/PRESENTED BY: MCH FAMILY  
OUTREACH

(\*) Please call if you will bring your grandchild(ren)  
CLASSES FOR ALL AGES

For additional information contact:

**FELIPA LOPEZ WILMOT**

*Family Caregiver Program Specialist*

Office: (361) 883-3935 ext-5153

email: felipa@cbcogaaa.org

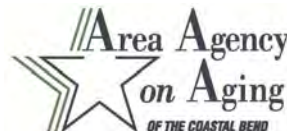
~ OR ~

**SALLY EDSILL**

*NFCSP Administrative Assistant*

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email: sally@cbcogaaa.org



Facilitations are provided by:  
THE NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM  
a program of  
Texas Health and Human Services



www.caregiverteleconnection.org



**Date Time Topic A LEADING VOICE FOR CAREGIVERS**

Wednesday, August 1 <sup>st</sup>	Eastern 1:00 pm Central 12:00 pm Mountain 11:00 am Pacific (Arizona) 10:00 am	<b>Compassion Fatigue with Amy Cunningham</b> <i>In this talk you will learn the how to differentiate between, stress, burnout, and Compassion Fatigue. You will learn to recognize the signs and symptoms of Compassion Fatigue, identify the trajectory, and begin to implement the 5 resilience's needed to assist you in achieving growth.</i>
Thursday, August 9 <sup>th</sup>	Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific (Arizona) 8:00 am	<b>Lucy Barylak, MSW as "Dear Lucy"</b> <i>Caregivers will have the opportunity to call in and ask questions, make comments and express yourself regarding the issues you face as a caregiver. <b>You can submit your questions or comments by e-mail or phone.</b></i>
Monday, August 13 <sup>th</sup>	Eastern 1:00 pm Central 12:00 pm Mountain 11:00 am Pacific (Arizona) 10:00 am	<b>Anxiety and Depression Medication in the Geriatric Population with Rick Rayl, R.Ph</b> <i>What are medications used to treat anxiety and depression in the geriatric population? Learn about how medications affect older adults. Be able to recognize side effects and adverse reactions associated with each class of drugs. What does a caregiver need to know about the relationship between diagnosis and medication treatment? <b>***Sponsored by the North Central Texas Caregiver Teleconnection***</b></i>
Monday, August 20 <sup>th</sup>	Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific (Arizona) 9:00 am	<b>Developing a Care Plan: Know your Future Now with Evalyn Greb, LCSW</b> <i>Evalyn Greb, LCSW will discuss how to properly assess your situation for you and your loved one as it is and help you understand how to prepare for the future care of your loved one. Learn about the importance of having a plan in place in order to avoid crisis situations.</i>
Tuesday, August 28 <sup>th</sup>	Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific (Arizona) 9:00 am	<b>Dementia: Effective Communication Strategies with Russell Gainer, LCSW</b> <i>We will explain the communication changes that take place throughout the course of the disease, decode the verbal and behavioral messages delivered by someone with dementia and respond in ways that are helpful to the person, and identify stages to connect and communicate at each stage of the disease. Specific focus will attend to dealing with the strong personality and dementia.</i>



**A program of the WellMed Charitable Foundation**

**Register online at [www.caregiverteleconnection.org](http://www.caregiverteleconnection.org) or call 866.390.6491 Toll Free**

# **19th Annual Grandparents and Other Relatives Raising Children Conference**

**Friday, September 21, 2018**

**8:00 a.m. - 1:30 p.m.**

American Bank Center ~ Watergarden Room

1901 S. Shoreline, Corpus Christi, Texas

**Register to attend by calling 361-883-3935 or 1-800-252-9240**



## **Grandparenting Tools & Available Resources Include:**

- \* Legal Issues
- \* School Facts
- \* Social Services
- \* Special Needs
- \* Exhibitors & Informational Booths

***Continental Breakfast & Lunch will be served  
Door Prizes & Much More!***

### EVENT SPONSORS:

Area Agency on Aging of the Coastal Bend/ Aging & Disability Resource Center, Arms Wide-Post Permanency Services, Brush Country Co-Op, City of Corpus Christi Parks and Recreation Department, 78415 Community Youth Development, Senior Community Services Division, Corpus Christi Independent School District, Driscoll Children's Hospital-Injury Prevention, Mayor's Council on Aging, Methodist Children's Home Family Outreach, Nueces County Community Action Agency Birth-to-Five/Head Start, Texas A&M AgriLife Extension Service, Texas Department of Family & Protective Services-Child Protective Services Division, Texas Health and Human Services Commission, United Way Success by 6

Like us on  [www.facebook.com](http://www.facebook.com)

***Annual Grandparents and Other Relatives Raising Children Conference***



# FREE Virtual Dementia Tour® (VDT)

**DATE:** Wednesday, August 22, 2018  
**TIME:** 2:00 p.m. – 6:00 p.m.  
**WHERE:** Brookdale (formerly Homewood Residence)  
**ADDRESS:** 6410 Meadow Vista Drive, Corpus Christi

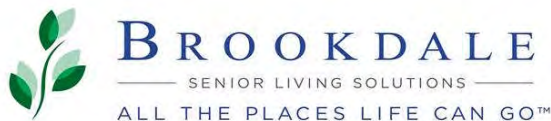
The Area Agency on Aging/Coastal Bend Aging and Disability Resource Center (AAA/ADRC) in partnership with Brookdale will host a Virtual Dementia Tour for the Coastal Bend Community. The Virtual Dementia Tour® (VDT) is a scientifically proven method designed to build sensitivity and awareness in individuals caring for those with dementia. This “dementia simulation tool” was created to guide anyone in understanding the condition. The tour will help both family and professional caregivers to better understand the physical and mental challenges to those who suffer with dementia. In the midst of approximately 35 million Americans aged 65 or older and with more than 5.4 million estimated to endure some form of dementia, it’s time to recognize a disease that will affect the vast majority of baby boomers directly or indirectly.

Call to reserve your **FREE** 30 minute tour time and experience this innovative hands-on training.

**Space is limited; call to register at:  
361-985-0555**

*The VDT event is a community partnership facilitated by:*

- ◆ *FELIPA WILMOT, Family Caregiver Program Specialist  
AAA/ADRC*
- ◆ *BROOKDALE Staff will serve as Tour Guides*



*Facilitations are also provided by the:*

**THE NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM**

*The Area Agency on Aging  
is a program of the:*



For additional information contact:

~ *FELIPA LOPEZ WILMOT* ~  
*Family Caregiver Program Specialist*

Office: (361) 883-3935 ext - 5153

Toll Free: 1-800-252-9240

email: felipa@cbcogaaa.org

~ OR ~

~ *Sally Edsill* ~

*NFCSP Administrative assistant*

Office: (361) 883-3935 ext - 5156

Toll Free: 1-800-252-9240

email: sally@cbcogaaa.org

*The Area Agency on Aging is funded in part by  
Texas Health and Human Services*

# Cooking Well with Diabetes

A cooking school designed to help people with diabetes and anyone that prepares food for them



## Sessions Include...

### Carbohydrate Foods

Recognizing carbohydrate in recipes and using sweeteners effectively

### Make Recipes with Fat Better for You

Healthy fats & fat substitutions

### Double Pleasure Side Dishes

Reducing sodium and increasing fiber

### Celebrating Sensibly

Special event recipes that are healthy and delicious



**DO WELL  
BE WELL**

TEXAS A&M AGRILIFE EXTENSION

<http://agrillifeextension.tamu.edu>

Cooking Well with Diabetes is a series of four, fun, interactive classes packed with research based information and delicious diabetes friendly recipes.

**First United Methodist Church Corpus Christi**  
900 S. Shoreline Blvd.  
Corpus Christi, TX 78401

**Classes will be held on Friday**  
August 3rd, 10th, 17th, and 24th  
**10:00am-11:30am**

To Register Contact Billy Scoggins  
RN/Wesley Nurse  
(361)884-0391 x326

Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity.  
The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas

Cooperating

# PRACTICAL STEPS TO FIGHT ALZHEIMER'S DISEASE: HOW TO LIVE WITH GUSTO

A diagnosis of Alzheimer's disease is life-changing. However, you can take an empowering first step by learning more about the brain, and the changes you may experience. In addition, as a patient or caregiver, it's important to know how to live a meaningful life with the diagnosis, including how to take care of yourself, reduce stress, leave a legacy, and much more.

Additionally, we will review Music & Memory® and how this personalized music program improves the lives of Mirador residents through digital music technology.

## **Dr Fidel V. Exconde, Jr.**

*Board Certified Neurologist, American Board of Neurology and Psychiatry*

Dr. Exconde will provide a "Brain Tour" giving an overview of the anatomy of the human brain and describing the development and progression of Alzheimer's Disease and other types of dementia.

## **Gustavo C. Roman, MD**

*Jack S. Blanton Presidential Distinguished Chair for the Study of Neurological Disease, Houston Methodist Hospital Neurological Institute*

*Professor of Neurology Cornell University, New York*

Dr. Roman will discuss practical steps to fight Alzheimer's Disease and how to maintain control of your life upon diagnosis.



M I R A D O R

## **EVENT LOCATION**

Mirador Retirement Community  
5857 Timbergate Drive  
Corpus Christi, Texas 78414

## **EVENT DATE**

Wednesday, August 15, 2018

## **SCHEDULE OF EVENTS**

**3:30 – 5:30 p.m.:** Kendra Scott Pop-Up Shop with 20% of sales benefitting the Alzheimer's Association

**5:30 – 7:00 p.m.:** Be a part of an interactive lecture featuring Fidel V. Exconde Jr., MD and Gustavo C. Roman, MD as they discuss tips for daily life with Alzheimer's.

RSVP to Jonina Soliz at:  
(361) 651-1103

Valet Parking Provided

# CARE PROVIDER TRAINING

A facilitation provided by:  
*The National Family Caregiver Support Program*  
a program of the:



~ **SAVE-THE-DATE** ~

WHEN: WED., **AUG. 8, 2018**

TIME: 9:00 a.m. to 5:00 p.m.

WHERE: **AREA AGENCY ON AGING**

ADDRESS: **2910 LEOPARD ST., CORPUS CHRISTI**

**!! FREE 8 HOUR TRAINING !!**

LEARN TO PROVIDE PERSONAL CARE TO SENIORS AND PERSONS WITH PHYSICAL DISABILITIES TO ENHANCE AND PROMOTE THE "QUALITY OF CARE IN THE HOME".

## ***MODULE TOPICS:***



- ◆ Roles & Responsibilities of a Care Provider
- ◆ Assisting with Personal Care
- ◆ How to Help Someone who uses Adaptive Aide(s)
- ◆ Caring for Someone with Early to Mid Stage Alzheimer's
- ◆ Caring for Someone with Mid to Late Stage Alzheimer's
- ◆ Community Resources

\* Seating is limited; call to reserve your space \* Certificate of completion will be awarded at end of class \*

For additional information contact:

~ **FELIPA LOPEZ WILMOT** ~

*Family Caregiver Program Specialist*

Office: (361) 883-3935 ext - 5153

Toll Free: 1-800-252-9240

email: [felipa@cbcogaaa.org](mailto:felipa@cbcogaaa.org)

**OR**

~ **SALLY EDSILL** ~

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email: [nfcsp@cbcogaaa.org](mailto:nfcsp@cbcogaaa.org)



*The Area Agency on Aging of the Coastal Bend  
is funded in part by the:  
Texas Health and Human Services*

*The Area Agency on Aging  
is a program of the:*



# SAVE THE DATE NOV 01 2018

2018 SAN ANTONIO CAREGIVER SUMMIT: NAVIGATING THE JOURNEY

Family Caregivers and Professionals are invited to join us at this exciting event at no cost:



## KEYNOTE SPEAKER - John Leland

*Happiness is a choice you make: Lessons from a year among the oldest old*



John Leland is a Metro reporter for The New York Times and author of *Happiness is a Choice You Make: Lessons from a year among the oldest old*. Before joining The Times, Mr. Leland was a senior editor at Newsweek.

Thursday, November 1, 2018  
8:30am - 2:00pm

Whitley Theological Center  
Oblate School of Theology  
285 Oblate Dr., San Antonio TX 78216

## ALSO SPEAKING



Dr. Sharon Lewis

Recognized Caregiver Expert and Creator of the Stress-Busting Program.

## PLUS

Panel of Local Caregiving Experts to Answer Your Questions

Respite Care is available  
(20 Spots Available)

There is no cost for this event  
but registration is required

Social Worker CEU's and  
Nursing CNE's are available

Complimentary Flu Shots  
at the event



## REGISTER

Online: [CaregiverSOS.org](http://CaregiverSOS.org)  
Call: 866-390-6491



# Protecting the rights of assisted living and nursing home residents.

Long-term care (LTC) ombudsmen are advocates for resident rights. They help protect the quality of life and quality of care of anybody who lives in a nursing home or an assisted living facility.

Ombudsmen can be volunteers or paid employees of agencies that are independent of any long-term care facility. Services are free, confidential and available statewide.



## What Does an LTC Ombudsman Do?

Some of the ways LTC ombudsmen help nursing home and assisted living residents include:

- Listening to residents and family members when they have concerns or issues.
- Telling residents about their rights.
- Protecting resident health, safety, welfare and rights.
- Helping families learn about nursing homes and how to pay for them.

Ombudsmen work to solve problems and make sure state regulations and laws protect residents.

## How Do I Become an LTC Ombudsman?

People who live in nursing homes and assisted living facilities may have little or no contact with the outside world. Many feel they lack control over their lives. A volunteer LTC ombudsman who visits regularly can be the highlight of a resident's day and ensure residents get good care.

If you have a passion for helping others, a caring spirit and a willingness to learn, we need you! Become an ombudsman and help improve the quality of life and care for residents in a facility near you. We provide training, tools and ongoing support.



*Funded in part by  
The Health and Human Services*

For additional information contact:

**Edna Ramirez**  
**Address: 2910 Leopard Street**  
**Corpus Christi, TX 78408**  
 Office: (361)-883-3935



# OMBUDSMAN:

## A FUNNY-SOUNDING WORD FOR A VALUED VOLUNTEER.

Do you care about protecting the rights of older adults? The **Long-term Care Ombudsman Program** needs volunteers to serve as advocates for residents of nursing homes and assisted living facilities. Volunteer hours are flexible, and no prior experience is required.

## VOLUNTEERS NEEDED

- Visit residents at an assigned facility.
- Listen to and advocate for residents.
- Protect resident health, safety, welfare and rights.
- Respect resident confidentiality, choices and independence.
- Address concerns.

### TRAINING:

- Free 36-hour certification course
- Ongoing support and guidance
- Three month internship with hands-on training
- Continuing education

**Call to sign up: 800-252-2412**

1600442



### VOLUNTEER QUALIFICATIONS:

- At least 18 years old
- No conflicts of interest
- Complete certification training
- Have transportation

### FOR MORE INFORMATION:

**800-252-2412**

[ltc.ombudsman@dads.state.tx.us](mailto:ltc.ombudsman@dads.state.tx.us)

[www.dads.state.tx.us/news\\_info/ombudsman/](http://www.dads.state.tx.us/news_info/ombudsman/)

### CONTACT YOUR LOCAL OMBUDSMAN PROGRAM:

Area Agency on Aging  
Of the Coastal Bend  
2910 Leopard St.  
Corpus Christi, TX 78408  
361-883-3935

The Office of the State Long-term Care Ombudsman is independent within the Texas Health and Human Services system.

# DO YOU HAVE **concerns** about falling?



A MATTER OF  
**BALANCE**  
MANAGING CONCERNS ABOUT FALLS

**Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.**

**This program emphasizes practical strategies for managing concerns about falls.**

#### **YOU WILL LEARN TO:**

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

#### **WHO SHOULD ATTEND?**

- anyone 60 years and older who have concerns about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

**YWCA**  
is Hosting  
**"A MATTER OF BALANCE"**

**August 6<sup>th</sup> – August 29<sup>th</sup>**  
**Mondays and Wednesdays**

**1:30 p.m. -3:30 p.m.**

4601 Corona Dr, Corpus Christi, TX  
78411

For Additional Information Contact:

**Sylvanna Gonzalez**  
**(361) 883-3935 ext - 5027**  
**sylvanna@cbcoogaaa.org**

**THIS FREE EDUCATIONAL PROGRAM IS  
BROUGHT TO YOU IN PARTNERSHIP WITH:**



## **CLASSES ARE FREE!**

#### **A Matter of Balance: Managing Concerns About Falls**

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

#### **A Matter of Balance Lay Leader Model**

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.

A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).



# MEDICARE SAVINGS PROGRAMS & EXTRA HELP GUIDELINES

~ 2018 Income and Resource Limits ~

## MEDICARE SAVINGS PROGRAMS (MSP)

Program	Single Income Monthly	Couple Income Monthly	Single Resource	Couple Resource
QMB	\$1,032	\$1,392	\$7,560	\$11,340
SLMB	\$1,234	\$1,666	\$7,560	\$11,340
QI-1	\$1,386	\$1,872	\$7,560	\$11,340

- ◆ **QMB:** Payment of all Medicare premiums, deductibles, copays, and coinsurance the Medicare enrollee would otherwise have to pay
- ◆ **SLMB:** Payment of the Medicare Part B premium
- ◆ **QI-1:** Payment of the Medicare Part B premium

## EXTRA HELP (LIS) ~ HELPS PAY SOME OF MEDICARE PART D EXPENSES

Full LIS Single Monthly Income Limit	Full LIS Couple Monthly Income Limit	Single Resources	Couple Resources
\$1,386	\$1,872	\$9,060	\$14,340
" <u>Partial</u> " LIS Single Monthly Income Limit	" <u>Partial</u> " LIS Couple Monthly Income Limit	Single Resources	Couple Resources
\$1,387 – \$1,538	\$1,873 – \$2,078	Up to \$14,100	Up to \$28,150

Income amounts reflect threshold with the \$20 monthly income disregard; income is rounded to the nearest whole dollar.  
Asset limits include amount with \$1500/person burial allowance.

If you or someone you know have any questions regarding eligibility to the above programs, call to schedule an appointment with a **BENEFITS COUNSELOR** who can evaluate your Medicare and/or possible Medicaid entitlements. "OR" If you would like to schedule a presentation regarding the above programs, please call the **AREA AGENCY ON AGING/COASTAL BEND AGING & DISABILITY RESOURCE CENTER**:

2910 Leopard St. (361) 883-3935  
Corpus Christi, TX 78408

The "**BENEFITS COUNSELING PROGRAM**" is a service through the Area Agency on Aging / Coastal Bend Aging & Disability Resource Center (AAA/CBADRC), which are programs of the Coastal Bend Council of Governments (CBCOG)



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